



BERITA ROTARY



Reach Within to Embrace Humanity

WEEKLY MEETING (7TH DEC 2011) CHAIRED BY PRESIDENT ANDY

PP Francis Chan chaired the weekly meeting with the usual formalities till President Andy Khoo arrived. He was assisted by Convener Rtn Tay Beng Chai.



President Andy addressing the members.



President Andy Khoo chatting with Tan Sri Rainer Althoff and PP Chan Kam Fatt.



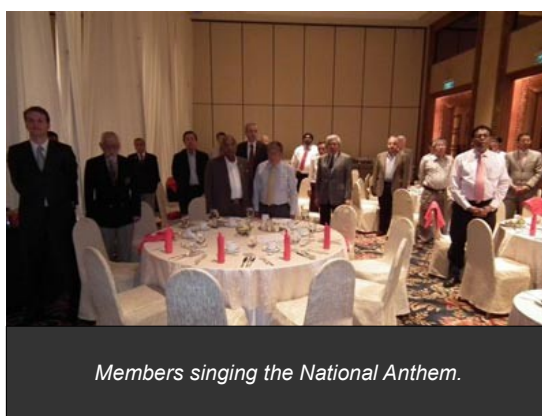
Dato' Beh, Sir Steven Goh, Dato' Low, and Dato' Rizal.



Rtn Ajmal Khan opening the meeting at 1pm.



Rtn Ajmal Khan leading the singing of the National Anthem.



Members singing the National Anthem.

Rotary Year 2011-2012

Royal Patron
Duli Yang Maha Mulia
Sultan Selangor Darul Ehsan

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2011 - 2012

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In This Issue

2. Announcements / Diary 3. Weekly Proceedings

(Continued on page 4)



BERITA ROTARY

ANNOUNCEMENTS / DIARY

COMMITTEE

ANNOUNCEMENTS

MEMBERSHIP

COMMITTEE

Meeting every 2nd
Wednesday of the month

CLUB ADMINISTRATION

COMMITTEE

Meeting every 1st Wednesday
of the month (immediately
after luncheon meeting).

SERVICE PROJECTS

COMMITTEE

Meeting every 3rd and 4th
Wednesday of the month
(immediately after club
meeting)

INT. SVC COMMITTEE

Sister Club Installations:
Bangkok - TBA
Hatyai Nakarin - TBA

CLUB

ANNOUNCEMENTS

Speakers Roster

DISTRICT

ANNOUNCEMENTS

Rotary International Themes & Months



BERITA ROTARY WEEKLY PROCEEDINGS



ATTENDANCE / ON DUTY

RCKL Rotarians:	35
RCKL Rotarian Make Ups:	None
Convener:	Rtn Ajmal Khan
Sergeant-At-Arms:	Not present
National Anthem And Loyal Toast:	Rtn Ajmal Khan

VISITING ROTARIANS

None this week.

INVITED GUESTS

None this week.

GUESTS OF THE CLUB

None this week.

INVITED ROTARACT CLUB OF KUALA LUMPUR

None this week.

BIRTHDAY BOYS

None this week.



THE OBJECT OF ROTARY

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST. The development of acquaintance as an opportunity for service;

SECOND. High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD. The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH. The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

THE FOUR-WAY TEST

Of the things we think, say or do:

- 1) Is it the TRUTH?
- 2) Is it FAIR to all concerned?
- 3) Will it build GOODWILL and BETTER FRIENDSHIPS?
- 4) Will it be BENEFICIAL to all concerned?



(Continued from page 1)



Members doing the Loyal Toast.



Members singing the Club Song.



Tan Sri Gill is at the dessert buffet.



Members and guests enjoying the delicious Buffet Lunch.

CLUB AGM

The Club 2010-11 Audited Accounts were presented to the members. Our Club Treasurer Rtn Bingley Sim presented the accounts and took questions and explained in detail all issues raised to the satisfaction of the members. Suggestions were recorded for consideration and future implementation. Over all the presentation went fast and smoothly, a job well done. Our Club Treasurer Rtn Bingley Sim received a vote of thanks.

The accounts were accepted and passed.

We take this opportunity to express our gratitude to PP Francis Chan for his support in preparing the Accounts.

DKM Audit Company was reappointed for another year.



Rtn Bingley Sim presenting the accounts.



Three women from our Secretariat office were there to witness and record the AGM.

(Continued on page 5)

LAUGHTER

Joke from Heaven

God decided to encourage people to have fewer children and introduced an award scheme... During the procedure at one point, he concentrated on learning about the situation in India:

He first met Jawaharlal Nehru in heaven, and asked him how many children he had during his time on earth. Nehru replied... only one! Happy with the relatively good family planning adopted, God awarded Nehru with a Celestial Rolls Royce!

Indira Gandhi was next, and God asked the same question. She replied she had two children, and God thought, not too bad, so he gave her a BMW.

Dr. Radhakrishnan was next in line. God was not pleased to hear that he had six children, and gave him a Morris-8 as a kind of punishment...

Sometime later, the three (Nehru, Indira and Radhakrishnan) going around in their new cars, saw Mahatma Gandhi on foot!!!

Wondering what went wrong; they asked why God hadn't been merciful with him...The Mahatma replied in disgust, "God did not even ask me !!! Some idiots had told him that I am the father of the Nation!"



(Continued from page 4)

PP PE CHAN KAM FATT PRESENTED THE LIST OF OFFICE BEARERS FOR INCOMING YEAR 2012-13 TO THE MEMBERS.

The list was accepted and passed with no objections raised.



PP PE Chan Kam Fatt making the announcement with pride.

INFORMATION

Avocado nutrition facts - six things about this amazingly healthy superfood

Beware of popular health myths. For instance, throughout the 1990s and into the first few years of this century, popular health "experts" often warned against eating coconut oil or coconut milk, causing many people to eschew a food now known to offer many health benefits. Another lingering popular health myth warns against avocados, which wrongly labels them as a dietary culprit because of their caloric and fat content. Yet, the truth is avocados can boost health in at least 5 ways:

1. Protein

Avocados provide all 18 essential amino acids necessary for the body to form a complete protein. Unlike the protein in steak, which is difficult for most people to digest, avocado protein is readily absorbed by the body because avocados also contain fiber. If you are trying to cut down on animal sources of protein in your diet, or if you are a vegetarian, vegan or raw foodist seeking more protein, avocados are a great nutritional ally to include not merely as an occasional treat, but as a regular part of your diet.

2. Beneficial Fats

Avocados provide the healthy kind of fat that your body needs. Like olive oil, avocados boost levels of HDL (the "good" cholesterol). HDL cholesterol can help protect against the damage caused by free radicals. This type of cholesterol also helps regulate triglyceride levels, preventing diabetes.

(Continued on page 6)

RECIPE



Onion bacon and cheese buns - makes about 16 buns.

Dough

- 3/4 cup water
- 1/2 cup milk
- 1/4 cup butter
- 1/4 cup honey
- 1 egg (beaten)
- 3 1/2 – 4 cups flour
- 4 tsp instant yeast
- 1 1/4 tsp salt

Filling

- 1/2 cup butter
- 1/3 cup green onion
- 1/3 cup white/yellow onion
- 1 Tbsp garlic (minced)
- 2/3 cup cooked crispy chopped bacon
- 2 1/2 cups Gruyere cheese

1. To make the dough, heat the water, milk and water in a sauce pan just until the butter melts (do not boil). pour mixture into a large bowl and allow to cool. add honey and 1 1/2 cups flour, mix until smooth. add egg and yeast and mix until smooth. allow to sit for 15 minutes uncovered.

2. Add salt and 1 cup of flour. pour dough onto a floured surface and slowly add remaining flour until it no longer sticks. knead for 8-10 minutes. place in a lightly oiled bowl, cover and let rise in warm place for about an hour.

(Continued on page 6)



(Continued from page 5)

A study published early this year in the Canadian Medical Association Journal found that a vegetarian diet, which includes HDL fats, can reduce levels of LDL (the "bad" cholesterol) as effectively as statin drugs.

3. Carotenoids

Avocados are an excellent source of carotenoids. Although many people associate carotenoids only with red and orange produce, avocados are also an excellent source of this phytonutrient. Avocados, also known as alligator pears, offer a diverse range of carotenoids including not only the better known ones such as beta-carotene, alpha-carotene and lutein, but also lesser known varieties of this type of phytonutrient such as neoxanthin, zeaxanthin, chrysanthemaxanthin, neochrome, beta-cryptoxanthin and violaxanthin. Every time you consume foods rich in carotenoids, you deliver high quality vitamin A to your body, thereby protecting eye health. Carotenoids also enhance the functioning of the immune system and promote healthy functioning of the reproductive system. Since carotenoids are fat soluble, eating avocados optimizes the absorption of these nutrients.

4. Anti-Inflammatory

The combined effect of the deluxe package of nutrients contained in avocados offers powerful anti-inflammatory benefits. Avocados' unique combination of Vitamins C and E, carotenoids, selenium, zinc, phytosterols and omega-3 fatty acids helps guard against inflammation. This means avocados can help prevent or mitigate against both osteo- and rheumatoid arthritis.

5. Heart Health

The fat content, which causes some uninformed health "experts" to deem avocados as unhealthy, actually provides protection against heart diseases. Studies have shown that oleic acid improves cardiovascular health. Oleic acid is the primary fatty acid in avocados. Many people now take supplements in order to consume more omega-3 fatty acids to lower their risk of heart disease. Avocados are rich in omega-3, delivering 160 milligrams per cup of alpha-linolenic acid.

6. Choosing and Eating

To get the most nutritional value from avocados, avoid those which have become over-ripe. You can identify these at the store because they will have dents and feel overly soft when you hold them. A ripe avocado should have no dents in its skin and will feel slightly soft when squeezed. You can also buy unripe avocados, which feel very hard when gripped, and permit them to ripen at home. The portion of the avocado closest to the skin is the most dense in nutrients, so be sure to scrape the skin clean before discarding it.

(Continued from page 5)

3. While the dough is rising, melt butter for the filling in a saucepan. add the garlic and saute. add the onions until they are tender. add in bacon and stir until combined. remove from heat and set aside to cool.

4. After the dough has risen, pour onto a floured surface. punch down into a small rectangle and roll out to a 12x24 inch rectangle. pour filling evenly onto the dough, leaving about 1/2 inch around all edges. sprinkle half of cheese on top of the filling.

5. Fold over the 1/2 inch of dough on the edges and roll the dough lengthwise into a jellyroll. pinch the seam closed with your finger. cut the jelly roll into 16 pieces. place each piece into a lightly greased muffin tin. cover with a towel and let rise for another hour.

6. When they have doubled in size, sprinkle with remaining cheese and bake at 350 F for 15-20 minutes. let them rest for 5 minutes in the tins before trying to get them out to cool on a wire rack.